

M139

ASSEMBLY INSTRUCTIONS
REPLACEMENT PARTS

MEDALLION

by **weider**[®]

RECOMMENDED WEIGHT SET - 160 LBS.
NN-1093

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

05-04-80

ERING NO

C0273-D13

C0186-C17

C0128-C05

C1180-D11

C0199-C09

C1181-D11

C0147-C19

C1312-C13

C0394-D01

C0233-D11

C0112-A23

C0425-A05

C0054-A08

C0213-C19

C0214-C19

C0215-C19

C0228-C19

C0412-B18

C5829-D13

HH-5015

HH-5035

HH-5021

HH-5022

HH-5018

HH-5013

HH-5255

HH-5011

HH-5240

HH-5019

AA-8004

AA-8005

AA-8070

AA-8002

AA-8001

AA-8112

AA-8091

WW-7038

WW-7037

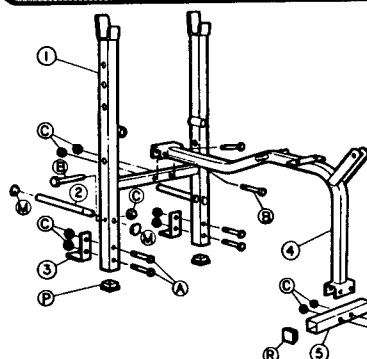
DE-4116

NN-1083

CNN-1080

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS. FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.



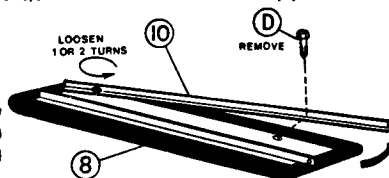
STEP 1 FRAME ASSEMBLY

Begin by inserting 2 - 2" SQUARE PLASTIC CAPS (P) into UPRIGHT (1). Align bolt holes on L-BRACKETS (3) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (3) with 2 - 5/16" x 2 1/2" HEX HEAD BOLTS (A) and 2 - 5/16" LOCK NUTS (C). Insert 1" ROUND PLASTIC CAPS (M) into each end of WEIGHT STACK PINS (2) and assemble into UPRIGHTS (1) with 5/16" x 2 1/4" HEX HEAD BOLTS (B) and 5/16" LOCK NUTS (C). Align bolt holes on MAIN FRAME (4) front U-Bracket with FRONT SUPPORT (5). Secure with 2 - 5/16" x 2 1/4" HEX HEAD BOLTS (B) and 2 - 5/16" LOCK NUTS (C). Lower rear U-Bracket of MAIN FRAME (4)

onto cross member of UPRIGHT (1) aligning bolt holes. Secure with 2 - 5/16" x 2 1/4" HEX HEAD BOLTS (B) and 2 - 5/16" LOCK NUTS (C). Assemble 2 - 1 1/2" SQUARE PLASTIC CAPS (R) into FRONT SUPPORT (5). TIGHTEN ALL BOLTS!

STEP 2 BACKREST PREPARATION

NOTE: The lower or attachment end of the BACKREST (8) can be identified quickly by the LONG ANGLE IRONS (10). They will be extended approximately two inches beyond the BACKREST (8).



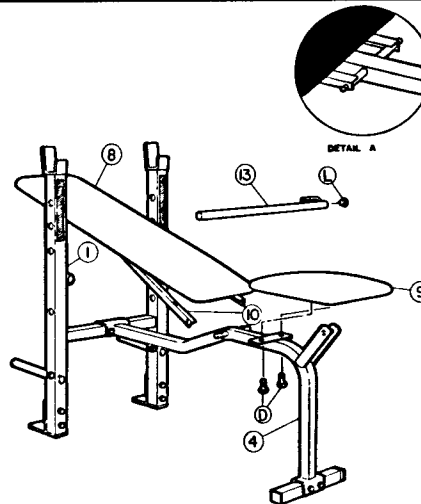
Turn BACKREST (8) over to expose the working area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (8) for shipment. One LONG ANGLE IRON (10) must be loosened in order to assemble BACKREST (8) to MAIN FRAME (4) Pivot Rod. The lower 1/4" x 3/4" MACHINE SCREW (D) must be removed while the upper 1/4" x 3/4" MACHINE SCREW (D) is only loosened. The LONG ANGLE IRON (10) can now swing free from the lower end of BACKREST (8).

STEP 3 ATTACHING BACKREST & SEAT

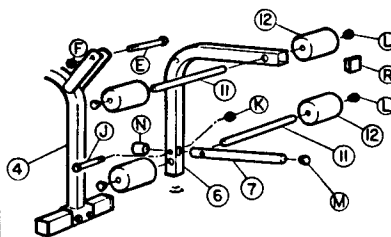
BACKREST: Insert $\frac{3}{4}$ " ROUND PLASTIC CAP (L) into handle end of BACKREST ADJ BAR (13) and slide bar through one of the hole patterns in the UPRIGHT (1). With LONG ANGLE IRON (10) free, lower BACKREST (8) to Main Frame Pivot Rod. Slide the secured LONG ANGLE IRON (10) onto one side of Pivot Rod. Swing the free LONG ANGLE IRON (10) back to its' original position and onto the opposite end of the Main Frame Pivot Rod. SEE DETAIL A. Replace $\frac{1}{4}$ " X $\frac{3}{4}$ " MACHINE SCREW (D) that was removed in Step 2 and tighten all machine screws.

SEAT: With SEAT (9) right-side up, lower to seat brackets on MAIN FRAME (4). Align bolt holes and fasten with 2 - $\frac{1}{4}$ " X $\frac{3}{4}$ " MACHINE SCREWS (D)

DECAL: Remove backing from decal; align decal on upright and apply it in the position indicated by the diagonal striped area in the illustration.



STEP 4 LEG CURL



First, slide WEIGHT PIN (7) through angled holes on the front of LEG CURL (6). Align bolt holes and secure with $\frac{5}{16}$ " X $1 \frac{3}{4}$ " HEX HEAD BOLT (J) and $\frac{5}{16}$ " ACORN NUT (K). Place 1" ROUND COVER CAP - 15 (N) over rear extended portion of WEIGHT PIN (7). Insert 1" ROUND PLASTIC CAP (M) into end of WEIGHT PIN (7). Insert $1 \frac{1}{2}$ " SQUARE PLASTIC CAP (R) into ends of LEG CURL (6). Position LEG CURL (6) between leg curl brackets on MAIN FRAME (4). Secure with $\frac{3}{8}$ " X $2 \frac{1}{2}$ " HEX HEAD BOLT (E) and $\frac{3}{8}$ " LOCK NUT (F). DO NOT OVER TIGHTEN! Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (11) through proper hole in LEG CURL (6) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid dish

detergent should be applied to both ends of PAD BAR (11). This acts as a lubricant in assembling FOAM PADS (12) and also acts as an adhesive after it has dried.) Slide FOAM PAD (12) on to each end of PAD BAR (11). Insert $\frac{3}{4}$ " ROUND PLASTIC CAPS (L) into each end of PAD BAR (11).

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

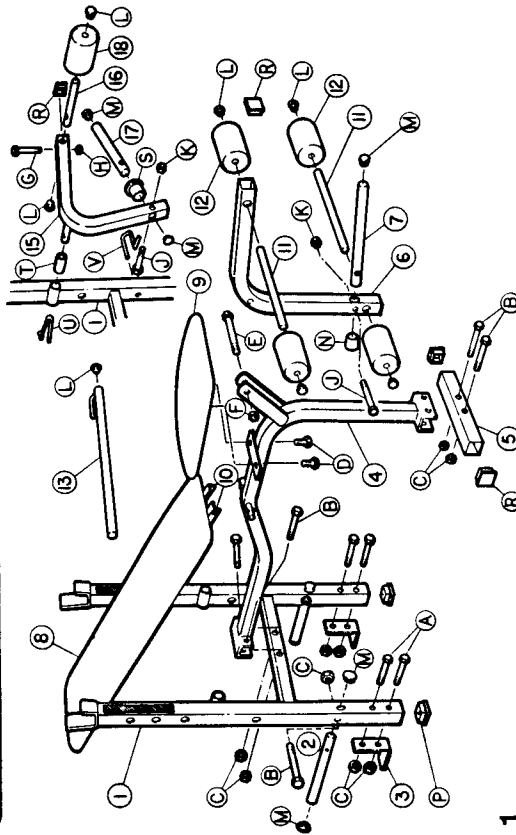
IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO
FIRST SEND IN YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU
PURCHASED THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
MODEL NO. NAME OF PART ORDERING NUMBER



1

M139 MEDALLION PARTS LIST

05-04-80

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C0273-D13
2	WEIGHT STACK PIN 1" X 12"	2	C0186-C17
3	L-BRACKET	2	C0128-C06
4	MAIN FRAME	1	C1180-D11
5	FRONT SUPPORT	1	C0186-C08
6	LEG CURL	1	C1191-D11
7	WEIGHT PIN 1" X 13 3/4"	1	C0147-C19
8	BACKREST	1	C1312-C13
9	SEAT	1	C0394-D01
10	LONG ANGLE IRON	2	C0283-D11
11	PAD BAR 3/4" X 11 1/2"	2	C0112-A23
12	FOAM PAD 2 1/2" X 5"	4	C0426-A06
13	BACKREST ADJ BAR	1	C0054-A08
14	RIGHT BUTTERFLY	1	C0213-C19
15	LEFT BUTTERFLY	1	C0214-C19
16	BUTTERFLY PAD BAR 3/4" X 8"	2	C0215-C19
17	WEIGHT PIN 1" X 11"	2	C0228-C19
18	BUTTERFLY FOAM PAD 3" X 5 3/4"	2	C0412-B18
	HARDWARE BAG	1	C0626-D13
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	4	HH-5015
B	5/16"-20 X 2 1/4" HEX HEAD BOLT	6	HH-5035
C	5/16"-20 LOCK NUT	10	HH-5021
D	1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	1	HH-5013
G	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
H	1/4"-20 LOCK NUT	2	HH-5011
J	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
K	5/16"-20 ACORN NUT	3	HH-5019
L	3/4" ROUND PLASTIC CAP	9	AA-8004
M	1" ROUND PLASTIC CAP	8	AA-8005
N	1" ROUND PLASTIC COVER CAP - 15"	1	AA-8070
P	2" SQUARE PLASTIC CAP	2	AA-8002
R	1 1/2" SQUARE PLASTIC CAP	5	AA-8112
S	PLASTIC BUSHING	2	AA-8091
T	PLASTIC SLEEVE	2	WW-7036
U	STOPPER PIN	2	WW-7037
V	PECK DECK PIN	2	DE-4116
	UPRIGHT DECAL	1	NN-1063
	INSTRUCTION MANUAL	1	NN-1063
	EXERCISE CHART	1	NN-1063
	PRE-ASSEMBLED WITH BACKREST		
	4 ASSEMBLED W/BACKREST 2 IN HARDWARE BAG		